## December 5, 2023

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

As our world faces increasing challenges and obstacles, volunteers are usually the first to help out. Volunteers are often at the forefront of emergencies and crisis situations, lending a helping hand to those who need it. Today is International Volunteer Day, a celebration and appreciation of the effort that volunteers put in to help their communities and societies.

This year, the theme of International Volunteer Day is collective action: if everyone did. If everyone volunteered, the world would be a better place. There would be unlimited opportunities: food and education for everyone, clean environments, good health, inclusive and peaceful societies, and more.

Why is volunteering important, you might ask? Providing support for a cause you care about today helps build a better world for tomorrow. It helps create a better future and set an example for future generations. Volunteering also helps solve problems. No one has all the answers to the world's issues, but when we face them together, we're more likely to come up with lasting, working solutions. Furthermore, volunteering inspires others to volunteer. By showing the public the positive impacts of volunteering, the everyday person becomes inspired to join in on the efforts on International Volunteer Day.

So, what can we do to participate in International Volunteer Day? The most obvious choice is to volunteer. Take an active role in volunteering in your community, whether it be at your local library, an animal shelter, your neighborhood park, or just about anywhere. Feel free to share your efforts online with the hashtags #VolunteerNow to raise awareness as well as inspire others to do the same. You can also donate to a volunteer organization to help their cause.

Thank you for listening, and have a Take an Active Role Tuesday!

SEAL Team pledge:

We are the Dyker S.E.A.L. Team Positivity is our dream We teach it every day To help others live the optimistic way We learn to control our emotions and feelings So, we always have effective social dealings No stone left unturned; no person left behind Every member of our team has the power to be kind We spread kindness to our friends, families, and those who need a smile When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

